

PRELIMINARY

AM

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DRAFT  
TECHNICAL PROPOSAL  
FOR  
SLEEP RESTORATIVE TRAINER

Development  
and  
Field Evaluation


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1. Introduction - This proposal presents to the Army a means for alleviating one major problem encountered in maintaining individual soldier combat effectiveness on a 24-hour, 7-day-a-week basis. A Sleep Restorative Trainer (SRT), described herein, is offered for the Army's consideration. The SRT is a joint endeavor of the McDonnell Douglas Electronics Company (MDEC) and the Monroe Institute of Applied Sciences (MIAS). It combines the results of many years of sleep-inducement research by MIAS and the latest solid-state electronics technology developed by MDEC.

With the latest technological advances, Armies now have the hardware capability for fighting continuously on a twenty-four hour, seven days a week basis. However, continuous combat depresses certain critical human abilities, which causes a degradation in the performance of combat tasks. Among these critical human abilities is that of sleep and central nervous system restoration. As the individual soldier encounters progressively longer periods without sleep/rest his loss of performance becomes increasingly more dramatic.

*gust*  The SRT described in this proposal provides a unique technique by which a soldier can, through training, learn how to develop a skill for using relatively short periods during lulls in action to have sleep/rest cycles which will regenerate his alertness. With the MDEC/MIAS SRT technology described here it is feasible for the individual soldier to learn to have deeply restorative sleep/rest cycles of less than thirty minutes.

*Applicative*



2. System Concept - Continued technical advances in weapons and weapons systems have provided the means for sustained around-the-clock combat operation which destroys the individual soldier's normal wake/sleep cycles in addition to imposing the usual battle stresses. After 48 hours, the total loss of sleep becomes very damaging, severely degrading the soldier's performance of his combat tasks. The adverse effects of such sleep loss cannot be offset by sheer determination alone and an effective sleep discipline becomes a battlefield necessity.

Sleep discipline for continuous combat requires implementation of a well-developed, unit-specific plan of sleep and rest. The plan must, through use of duty rotation and shift work, provide a framework for imposition of sleep routines in combat. The ability to sleep and waken, at will, is an essential and integral part of any program of sleep discipline. The soldier must be able to fall asleep quickly and become awake and alert just as quickly when he is again needed. Studies have shown that this skill can be both learned and improved with training and practice through use of the MDEC/MIAS SRT. The MDEC/MIAS team proposes that the Army use the SRT during normal combat training to condition the individual soldier to fall asleep rapidly at will and to awaken with equal ease.

The SRT uses a binaural/stereo sound process developed by MIAS. Early research by MIAS culminated in Patent #3,884,218 which is based upon the use of complex sound waves to induce frequency following response (FFR) in the brain. When the ear detects particular types of sound signals, similar electrical signals in the brain tend to be enhanced or "resonate" with the sound waves. This effect is the frequency following response. The various

states of consciousness (awake/asleep/deep rest) are accompanied by certain electrical brain wave patterns. Listening to sound patterns similar to the brain wave patterns can help induce these same states of consciousness.

Later MIAS research advanced sleep-inducement technology a further important step by exploitation of the Hemispheric Synchronization (HEMI-SYNC) phenomenon. The MIAS Hemi-Sync process makes use of the fact that each ear sends its dominant nerve signal to the opposite brain hemisphere. Sending separate sound waves to each ear (using headphones to isolate one ear from the other) causes the halves of the brain to act in union to "hear" a third signal which is the difference between the two signals in each ear. This difference is never an actual sound, but is an electrical signal that can only be created by both brain hemispheres acting and working together.<sup>1</sup> The MIAS sleep inducement technology used in the SRT combines the Hemi-Sync and FFR effects to produce a highly effective sleep discipline training process.

The MDEC/MIAS SRT permits training an individual to go into a sleep/rest cycle without the use of drugs, hypnotism, alcohol, or electrical stimulants. The person using the system is always in complete control and does not experience the undesirable side effects associated with the other techniques mentioned above. With adequate training, the soldier should be able to achieve a deeply restorative sleep/rest cycle as short as thirty minutes. Once a soldier learns the technique he will not require the system in the field except for some periodic reinforcement. It is expected that the ultimate sleep training regimen to be used as standard Army practice will be driven through Army field testing.

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<sup>1</sup>Gerald Oster, "Auditory Beats in the Brain," Scientific American, October 1973.



3. Hardware Development and Field Evaluation Program Summary - The Army SRT program envisioned by the MDEC/MIAS team divides naturally into two time-sequential phases. The first phase encompasses the conversion of the time-proven MIAS binaural sleep inducement technology into exploratory development hardware suitable for testing and demonstration in a limited field training environment. The hardware development tasks will be performed by MDEC with MIAS providing a technical consultation function to the hardware development team. The output of this first phase of the program will be an exploratory development model SRT. The functional and hardware descriptive details of the SRT exploratory development model are provided in Section 4 herein.

During the hardware development phase, MIAS will conduct the necessary planning and coordination with the Army in preparation for the second phase field evaluation and demonstration of the exploratory model SRT. Subsequent to delivery of the SRT model by MDEC, MIAS will assist the Army in evaluating and demonstrating the SRT in a training environment at Ft. Lewis, Washington. Details of the field testing program as they are presently envisioned are presented in Section 5 of this proposal.

4. SRT Exploratory Development Model Description

- 4.1. Overview - The MDEC exploratory development model SRT will be used to demonstrate and evaluate, in Army field training conditions, the MIAS Hemi-Sync sleep inducement training methodology. It is a completely solid-state electronic unit using microprocessor techniques to recreate specific sound patterns and human voice in the variable, preprogrammed sequence employed in the MIAS sleep training process.

A.9.

The exploratory development model SRT does not represent the ultimate in miniaturization or human factors application. Instead, it has been specifically designed for training of up to twenty soldiers in one location simultaneously to facilitate the Army field demonstration and evaluation. However, the electronics design approach used was chosen so that the SRT unit in its final form can be made into a self-contained headset. This will permit the practical insertion of the MIAS sleep restorative techniques at any level of Army function. With a minimum of instruction, leaders in basic training, field operations, special services, and other areas can include the process for both groups and individuals. Further, such units can be retained at various operational sites or by the individual soldier for reinforcement of sleep restorative training if and when needed. A single soldier in a remote station or a company on extended duty can thus learn and benefit through the use of the SRT without regrouping solely for such training purposes.

- 4.2 Functional Description - The MDEC-designed SRT uses solid-state memories and microprocessor technology to produce the required binaural and stereo audio stimuli required for the MIAS sleep inducement training process. The audio stimuli contains binaural voice, binaural random noise, and stereo sine wave tone pairs.

The voice output capability consists of a three-second phrase of full inflection voice and approximately twenty, one-half second long words of constant pitch which are strung together in various orders. The three-second phrase will be a recording of a speaker selected during the design phase. The isolated words will be in the voice of MDEC's female speech model.



The binaural noise output spectrum covers the range from 70 Hz to 9 kHz. Its amplitude versus frequency characteristic is shaped to compensate for the frequency response of the human ear. The peak output noise power level is a function of time as shown in Figure 1. The time axis scale factor of the amplitude versus time pattern shown in Figure 1 is selectable by the operator. The total cycle length can be varied from five to ninety minutes in discrete steps.

The SRT sine wave tone outputs are provided in stereo pairs which are separated by precise frequency differences. More than one tone pair may be present at the output at a given time. The tone pair amplitudes are functions of time as shown in Figures 2 and 3. As in the case of the random noise, the time axis scale factor for the tone pair amplitude versus time patterns shown in Figures 2 and 3 are operator selectable.

The SRT is equipped with volume and balance controls which vary the loudness of the sound delivered to both ears and the relative volume of discrete composite signals in each ear. The SRT also has a start/stop function which provides operation through the complete time cycle or a one-minute "wakeup" termination of the cycle when the stop function is activated.

A simplified block diagram of the SRT unit is shown in Figure 4. Under microprocessor control, the voice information, which is stored in digital form in the voice memory, is sent to a digital-to-analog converter (DAC) and from there to each of the output amplifiers. The peak value of the output voice signal has been selected to be equivalent to the peak value of a 0 dBm sine wave.

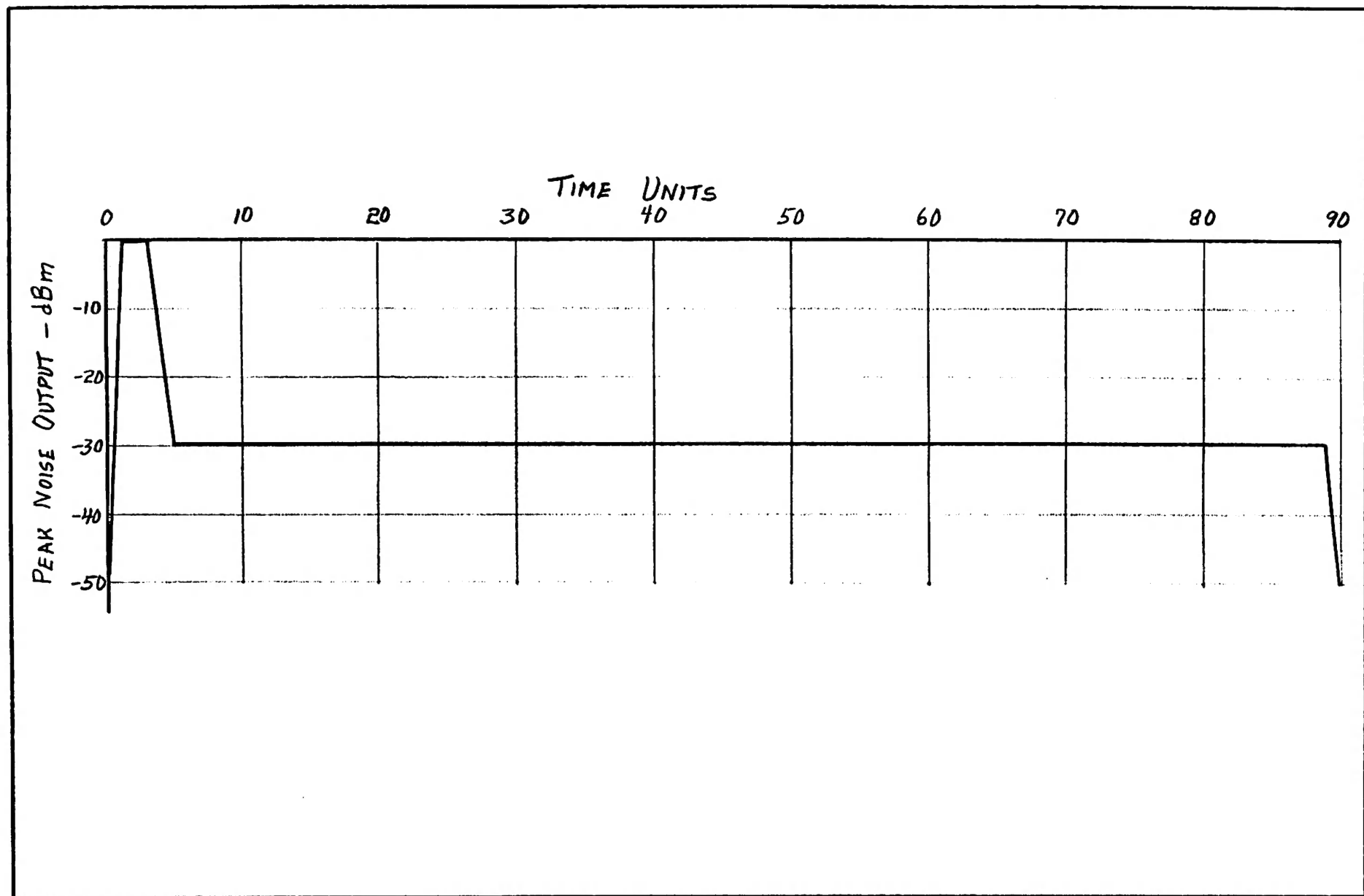


FIGURE 1. Noise Output Power Level Time Sequence

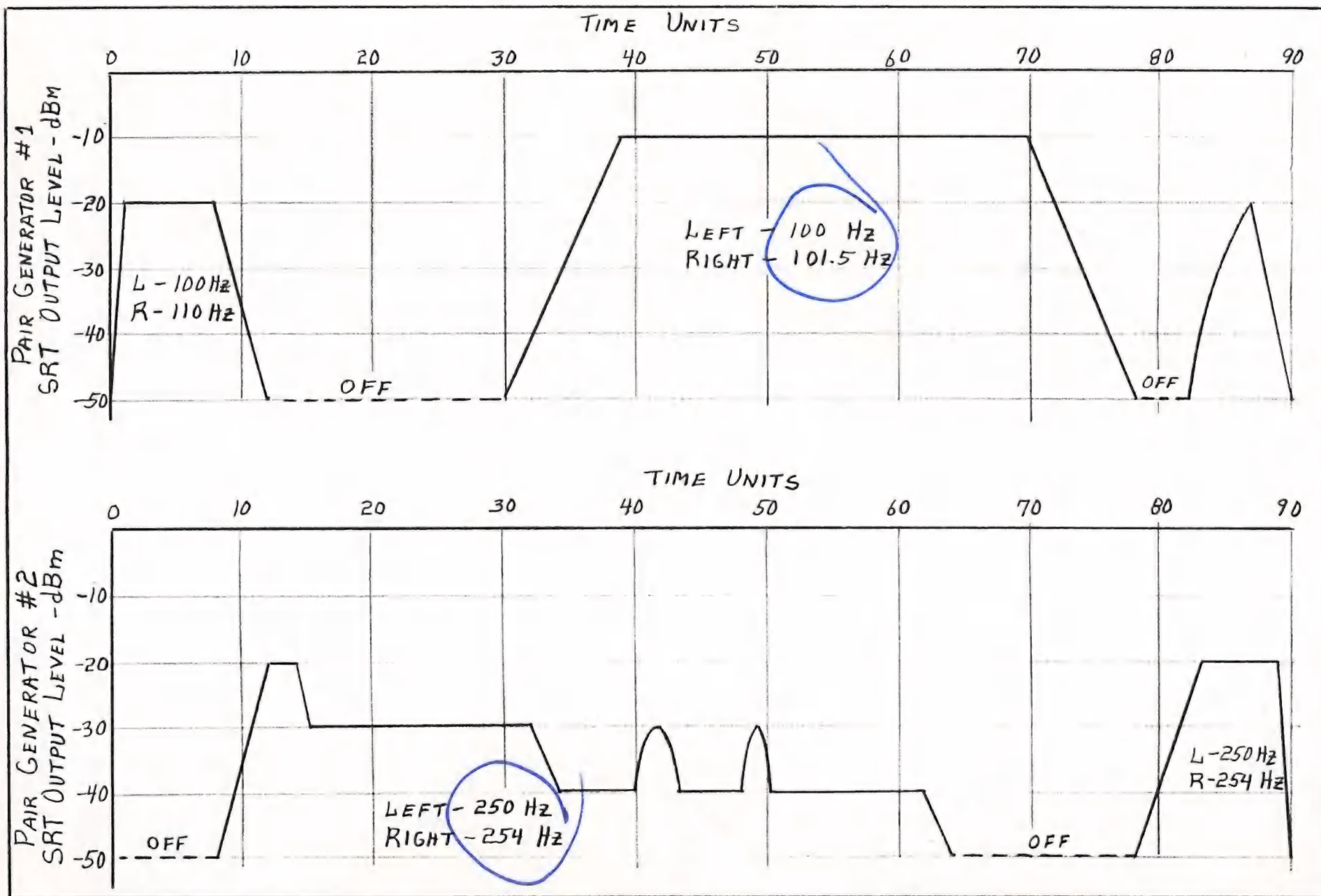


Figure 2. Output Level Time Sequence of Tone Pairs #1 And #2



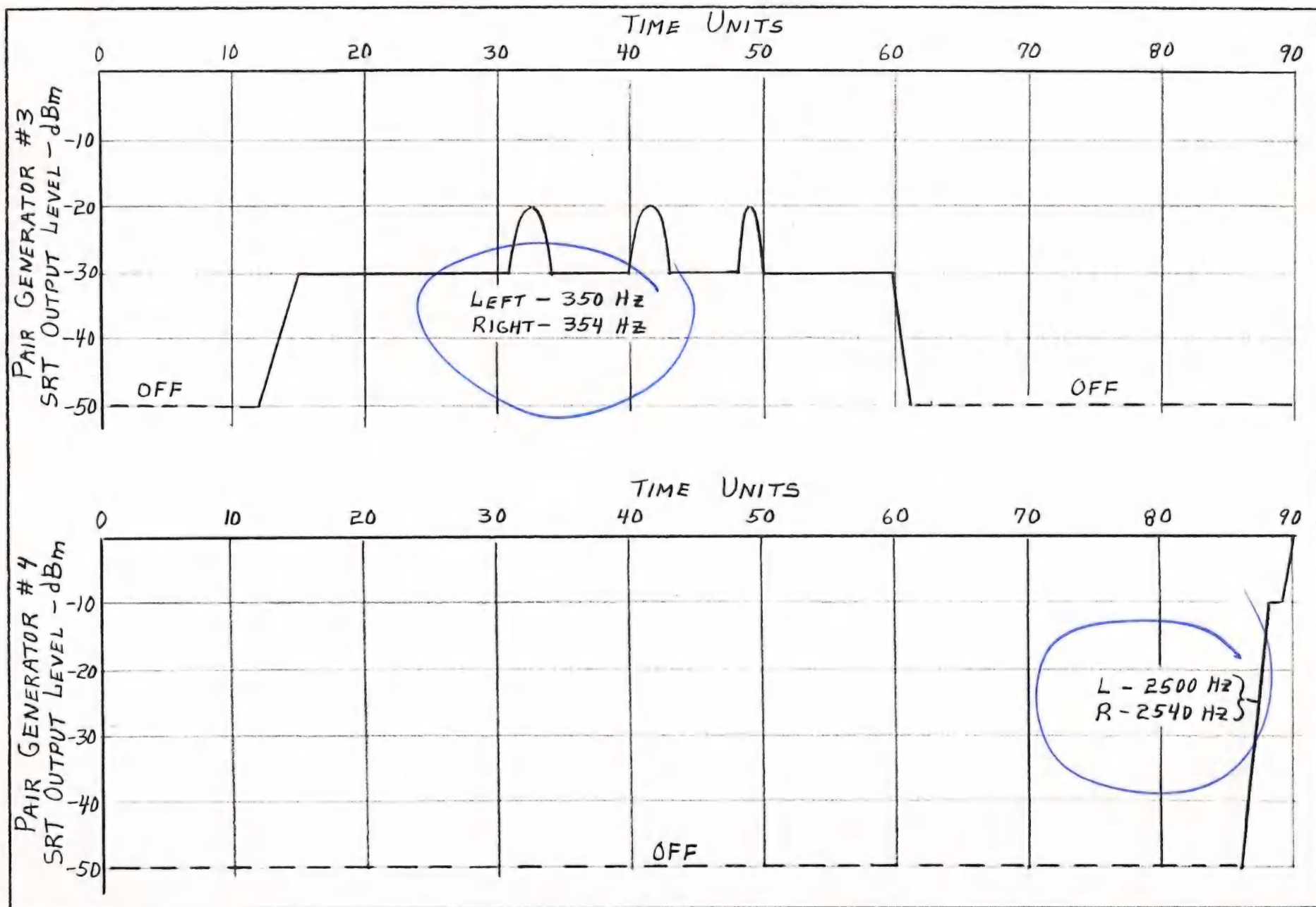


Figure 3. Output Level Time Sequence of Tone Pairs #3 And #4

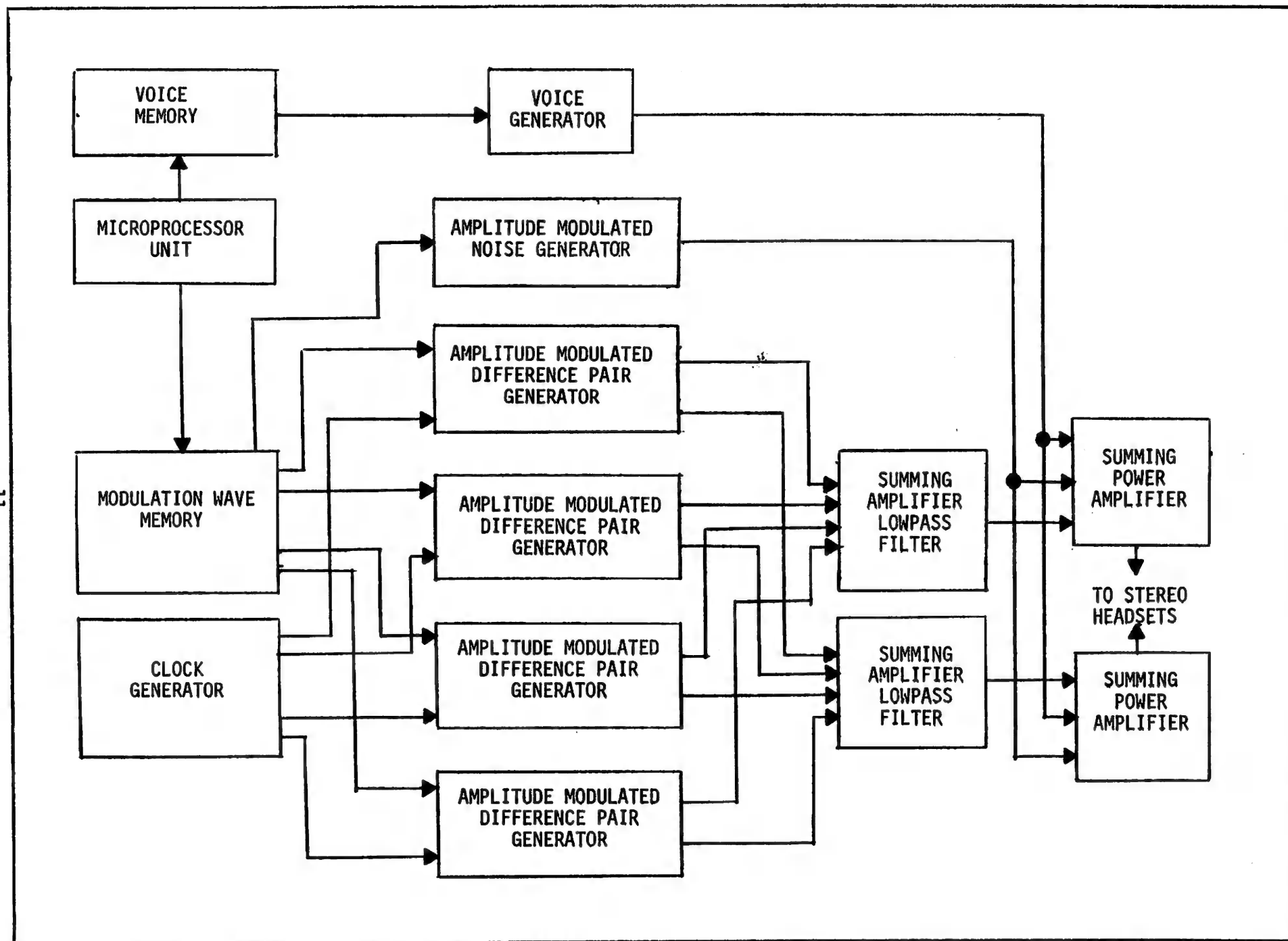


FIGURE 4. Sleep Restorative Trainer (SRT) Block Diagram

The noise output is derived from a solid-state diode to insure that the noise is completely random. It is amplitude modulated under microprocessor control using amplitude information stored digitally in the modulation wave memory.

The clock generator produces nine different frequency clock signals which are fed selectively to the four amplitude-modulated difference pair generators. The frequencies are crystal-controlled for accuracy and stability.

The clock signals are converted into sine wave pairs in the four amplitude-modulated difference pair generators. The amplitudes of the sine wave pairs, like that of the noise, are under microprocessor control using digital information stored in the modulation wave memory. The sine wave pair frequencies are shown in Figures 2 and 3.

#### 4.3 Electrical Description

4.3.1 Microprocessor Unit - The RCA 8-bit, 1802 CMOS microprocessor has been selected for use in the exploratory development model SRT. It is a low-power unit which will be suitable for use in later model battery-powered SRTs. Presently, this type device is being used by MDEC for a similar application in a voice warning unit for the Douglas DC-9-80 aircraft.

4.3.2 Memories - The SRT uses both read only memory (ROM) and random access memory (RAM). The ROMs are electrically programmable, ultraviolet erasable devices which will readily accommodate any changes as the voice vocabulary is established during the design phase. They are CMOS devices with low power drain in both the active and standby states. An



additional "powerdown" feature, wherein power is applied to the memories only when they are being addressed, is employed to further reduce power consumption.

The three-second full inflection speech phrase will be sampled at 8000 samples per second, each sample quantitized to an 8-bit level, and the results stored in digital form. A total of 192K bits of ROM will be allotted for this purpose. The isolated-word voice will be processed using MDEC's MAVIS<sup>®</sup> speech compression algorithm. A total of 320K bits of ROM will be used to store the equivalent of twenty, one-half second long words.

Minor additional ROM and RAM will be employed to store the amplitude modulation patterns, the microprocessor program, and temporary microprocessor computational results.

- 4.3.3 Clock Generator - The block diagram of the clock generator is shown in Figure 5. It contains four oscillators and associated dividers which provide the nine clock signals needed by the difference pair generators. The clock signals are each eight times higher in frequency than their corresponding sine waves produced by the difference pair generators.

The oscillators are designed around micropower, tuning-fork, quartz crystals and CMOS inverters to achieve low power consumption and high frequency accuracy and stability. The dividers are also constructed with CMOS devices.

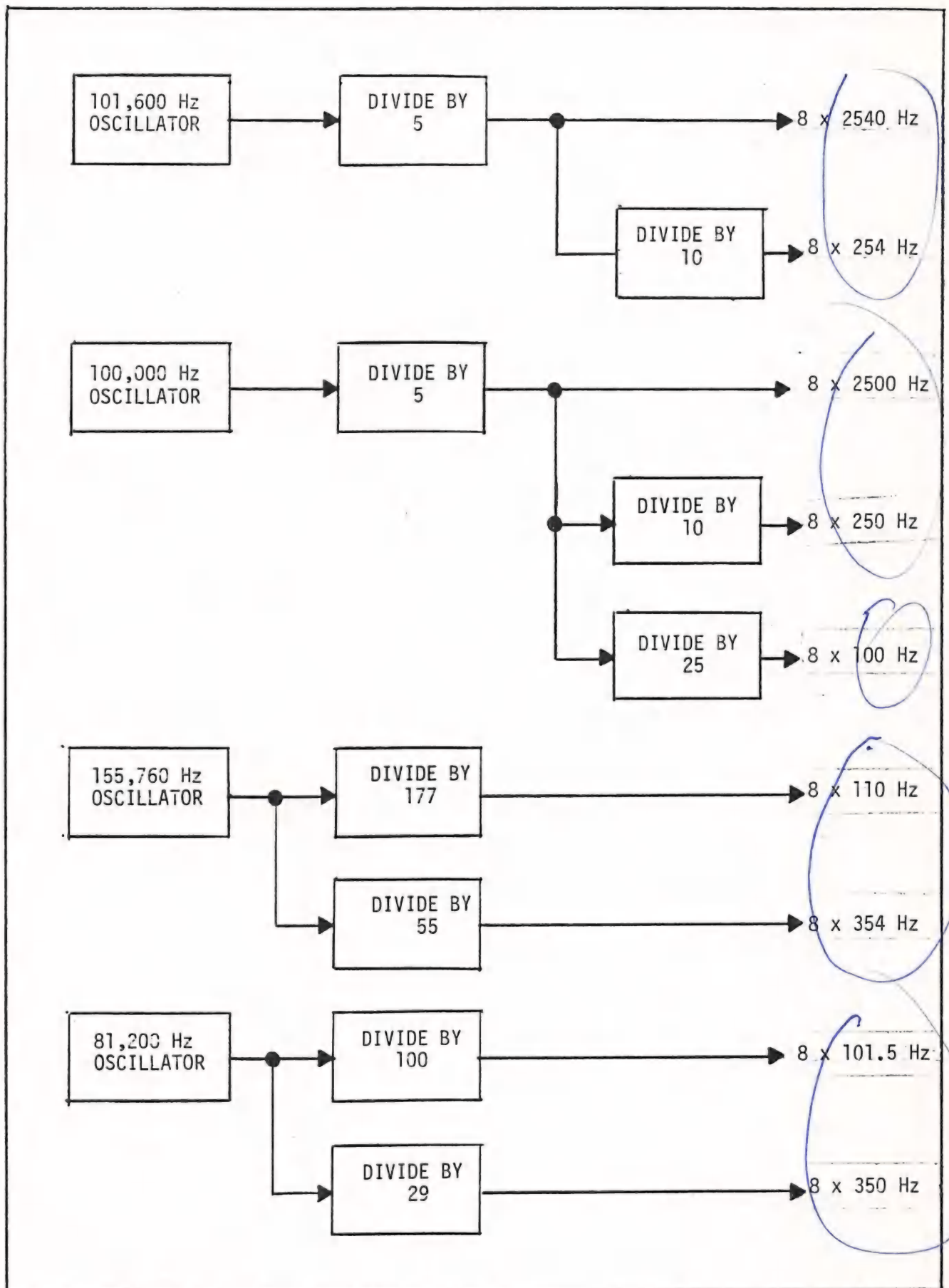


FIGURE 5. Clock Generator Diagram

4.3.4 Voice Generator - The voice generator converts the stored digital voice data into analog form. It consists of an 8-bit digital-to-analog (D/A) converter and operational amplifier combination which uses CMOS devices for low power consumption. A D/A compatible with single-polarity power supply operation is used to accommodate battery operation of later model SRTs.

4.3.5 Noise Generator - Figure 6 depicts the block diagram of the noise generator. A solid-state diode biased in the reverse voltage breakdown region serves as the noise source. It is followed by several amplifier-filter stages to raise the diode output noise to a useable level and to shape its spectrum to compensate for the frequency response of the ear. The noise spectrum range covers 70 Hz to 9 KHz.

An 8-bit multiplying digital-to-analog converter, controlled by the microprocessor, follows the amplifier-filter stages. The converter varies the noise output level in 1 dB or smaller steps over the upper 30 dB of its range and provides progressively larger steps as the level falls below this range. This characteristic is illustrated in Figure 7.

Use of a pseudorandom code generator as the noise source was considered. However, two major drawbacks militated against its selection. First, such a generator is digital in nature and provides rectangular pulses at its output. With this source signal shape it is extremely difficult to achieve the desired Gaussian amplitude distribution over the multi-octave bandwidth required in this application. Secondly, pseudorandom noise tends to have a noticeable periodicity which detracts from the aural effects being sought in the SRT.



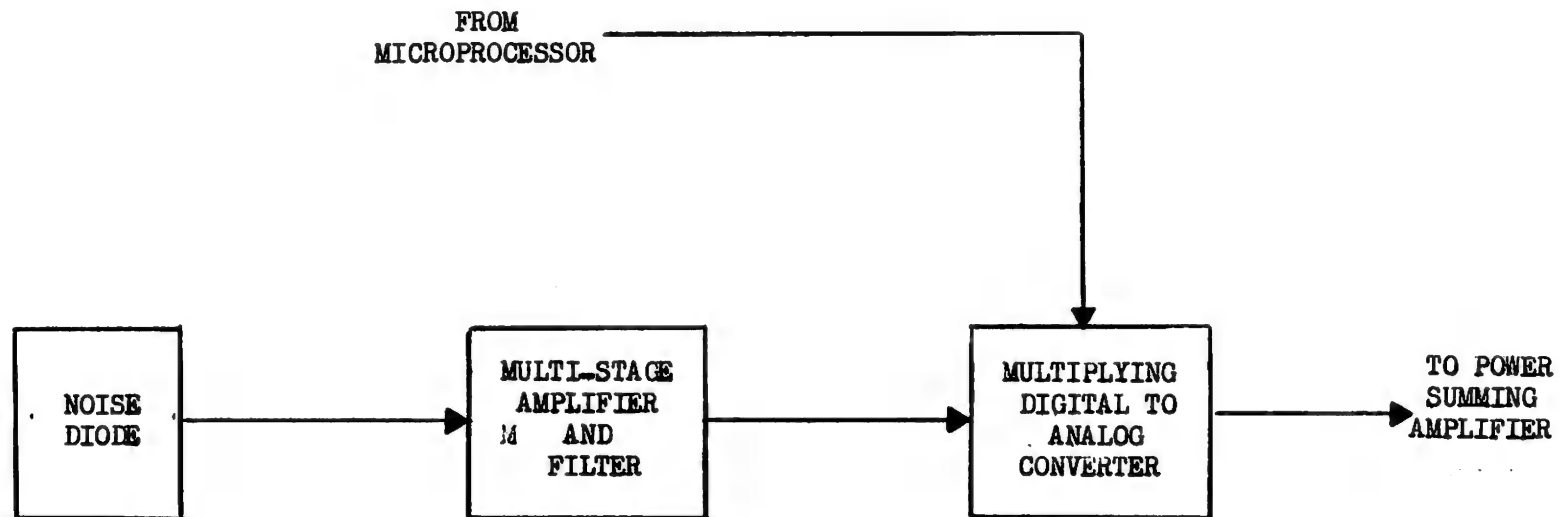


FIGURE 6. Noise Generator Block Diagram

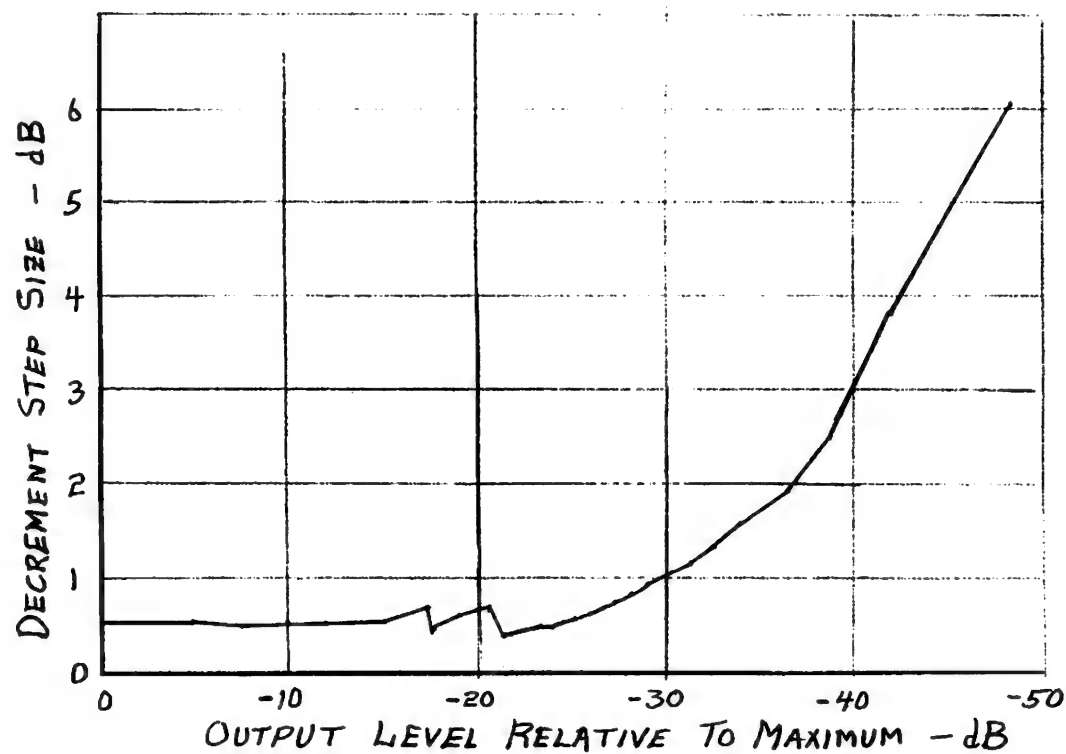


FIGURE 7. Output Amplitude Step Levels As A Function Of Output Level

4.3.6 Amplitude Modulated Difference Pair Generators - The difference pair generator receives clock signals from the clock generator and converts these into sine wave pairs which are fed to the summing amplifiers. The generator block diagram is shown in Figure 8.

Each of the incoming clock signals, which are at eight times the frequency of the output sine wave, are fed to an eight-stage ring counter. Each stage of the ring counter drives an analog gate (switch) which is connected to a tap on a resistor-divider network. The resistor-divider network is driven by a voltage derived through use of a digital-to-analog converter. The tap points on the divider network are such that, as the gates are sequentially operated by the ring counter, the sampled sine wave illustrated in Figure 9 is generated at the amplifier-filter input. The lowest frequency component of this wave, other than that at the desired sine wave frequency is at the seventh harmonic of the sine wave. This makes removal of the undesired components relatively easy.

The digital-to-analog converter providing the resistor-divider network reference voltage is operated under microprocessor control to vary the sine wave amplitude in the desired preprogrammed sequence. The single converter controls the amplitude of both sine waves in a pair identically.

A digital 2:1 multiplexer is used ahead of the two eight-stage ring counters in one of the difference pair generators. This allows the one generator to produce, at different times, the 100-101.5 Hz and the 100-110 Hz sine wave pairs. This economy of circuitry is possible because the two pairs are mutually exclusive on a time basis in the SRT application.



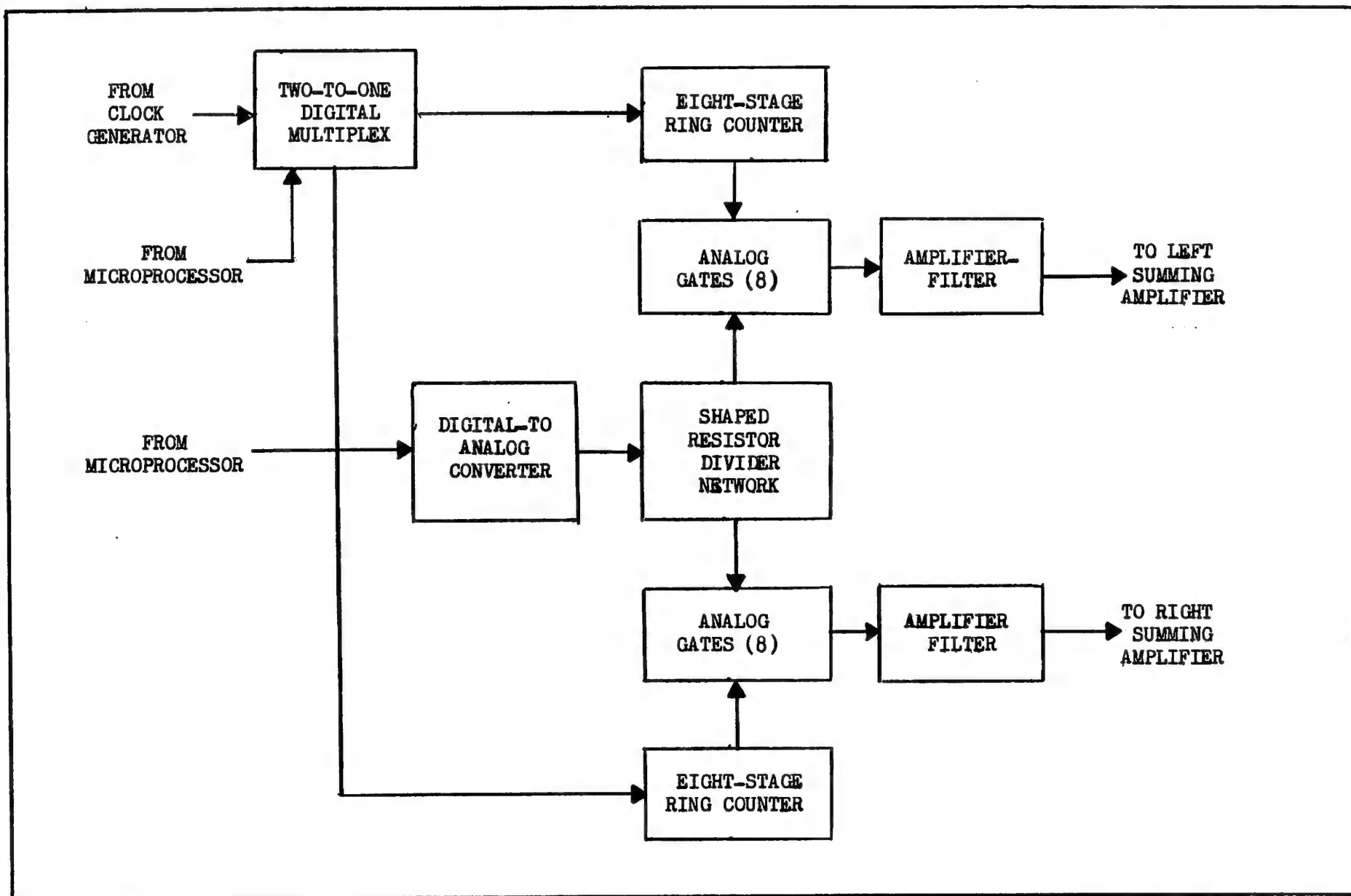


FIGURE 8. Difference Pair Generator Block Diagram

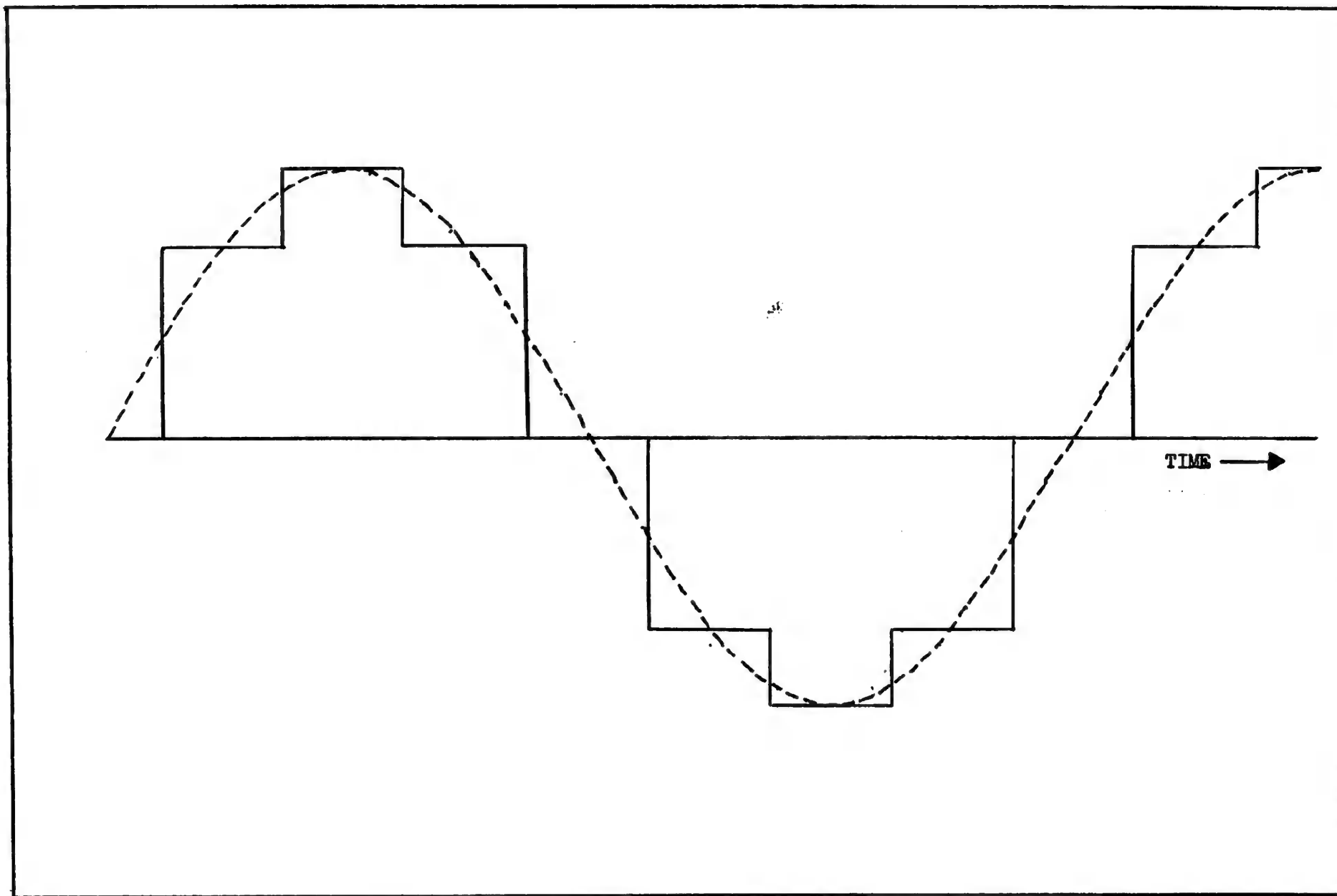


FIGURE 9. Sampled Sine Wave Signal

4.3.7 Summing Amplifiers - Four summing amplifiers are used in the SRT. Two are used to sum separately those sine wave signals which go to only one ear of the user. The remaining two are used to sum, with the individual stereo signals, the noise and voice signals which go to both ears of the user. Careful design is required to preserve the stereo effect.

The first set of amplifiers provides only a summing function and uses low-level devices. The second amplifier set provides the power handling capability to drive the headset(s). The exploratory development model amplifiers are designed to drive up to twenty headsets simultaneously. This capability is provided to accommodate the particular SRT usage conditions anticipated for the Army demonstration and evaluation program. Later personal models of the SRT will be designed to drive only one headset.

4.3.9 Headsets - High quality consumer-grade stereo headsets will be used for the exploratory development model demonstration and evaluation. These will be essentially identical to those customarily used in other applications of the MIAS process.

4.3.10 Power Supply - The exploratory development model SRT will be equipped with a transformer-isolated power supply operating from standard commercial power. Power supply output voltages of +6 volts and +12 volts will be used to facilitate later transition to battery operation in personal models of the SRT.

4.4 Mechanical Description - The microprocessor and its support circuitry will be packaged on a multilayer printed circuit board previously designed for

the DC-9-80 aircraft central aural warning set (CAWS). Likewise, the memories will be packaged on a printed circuit board designed for the CAWS. The voice generator, noise generator, difference pair generators, and the audio amplifiers will be packaged on "stitch weld" and/or double sided printed circuit boards.

These boards will be assembled together as one subunit with point-to-point wiring used to interconnect between boards. The board assembly and the power supply will be contained in a "Bud" metal case with cover. The on/off, volume, start/stop, balance, and sequence time controls will be available on the top of the box. Twenty audio jacks will also be provided on one side of the unit for connection of up to twenty headsets. Total unit weight of the exploratory development model is expected to be less than 15 pounds.

## 5. Field Testing and Demonstration

- 5.1 General Considerations - The MDEC/MIAS team proposes that the sleep training technology be demonstrated to and evaluated by HTTB personnel at a location and within a schedule mutually agreeable to HTTB and MDEC/MIAS. It is recommended that the demonstration and evaluation be conducted within a continuous combat operations simulation that runs long enough to clearly demonstrate the effects of prolonged sleep loss. The CPS, FTX, or ARTEP type exercises or a combination of them would be suitable if they can be adapted to run continuously for 96 hours or longer.

It is important to note that an exercise scenario of known performance standards or measures of effectiveness (MOE) will greatly assist in

evaluation of this methodology. It is the intent of this demonstration to prove practical and usable results. Therefore, every effort should be made to allow both soldiers and observers to interpret the real impact of this technology toward improving operational effectiveness in completing their assigned missions. Unit effectiveness as well as individual performance are of primary importance.

5.2 Evaluation Plan Preparation - Preparation of the training evaluation plan will be done by MIAS in cooperation with HTTB personnel. The MDEC design team will be available for consultation in hardware setup and usage areas. Key milestones in the plan preparation are:

- a. Selection of the type exercise (CPX, FTX, or ARTEP) to be used and modification of the exercise, if needed, to meet continuous operations requirements.
- b. Front-end analysis of exercise scenario.
- c. Development of sleep discipline/scenario linkage.
- d. Refinement of sleep effects demonstration format.
- e. Refinement of evaluation criteria incorporating HTTB standards.
- f. Identification and random designation of Army personnel who will be test exercise participants.
- g. Identification and designation of control and evaluation group personnel.
- h. Establishment of final timetables and schedules for advance training, test exercise, evaluation analysis, and final report.

5.3 Test Group Selection and Conditioning - It is proposed that three test groups of twenty persons each be tested in identical, simultaneous exercises



for purposes of evaluation. One group would be conditioned using the MDEC/MIAS SRT technology while the other two would use alternate methodology. The latter two groups would act as testing controls to show individual and group variation in sleep patterns and to provide strong evaluative and comparative data against the SRT test group.

Preevaluation conditioning of each test group will be as follows:

- a. The SRT test group will receive approximately 20 hours (2 hours/day for 10 days) of advance training using SRT technology and limited to sleep/rest discipline.
- b. The second test group will receive no advance training but will employ predetermined traditional sleep/rest scheduling. However, this must conform to the training scenario time requirements for all three groups.
- c. The third test group will be given no advance training in sleep discipline. Instead it will be given a motivational leadership and positive attitude statement such as, "We expect you to do a good job. Sleep, rest, or relax whenever it can be done without compromising your missions."

Conditions applicable to all three groups include:

- a. Any test participant experiencing personal problems or obvious discomfort will be released to his/her unit control.
- b. Orientation to test groups will be presented for all evaluation personnel.
- c. Each group will have a normal operational identity with full instructions as to the quality and nature of the training scenario to be followed.

- d. The role of outside research/evaluation personnel will be geared to minimize their presence.

As the program develops, other considerations may be employed to assure that the three groups start the exercise on a common baseline.

5.4 Evaluation Approach and Criteria - This proposal is based on evaluation of the MDEC/MIAS SRT sleep discipline approach at HTTB/Site Location by Army personnel with MIAS assistance. The demonstration test program is geared to provide practical effects data rather than quantifiable physiological and biomedical data. The accumulated workability history, through 45,000 individual-use tests since 1970, of the MIAS general concept and methodology places it well beyond the point where further research data is required. Therefore, while biomedical monitoring equipment such as EEG and bio-feedback indicators will be used to demonstrate the primary physiological effects of the MDEC/MIAS SRT methodology, precise quantification of biomedical impact is not considered to be part of this effort.

New  
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The proposed evaluation process is designed to measure how well the MDEC/MIAS SRT methodology extends the physical, mental, and emotional endurance of individuals deprived of normal sleep. The evaluation process will include:

- a. EEG Primary Effects Monitoring
- b. Biofeedback Effects Monitoring
- c. Standard Anxiety Level Measurements
- d. Standard Alertness Tests
- e. Control Group Performance Comparison
- f. Structured Self Reports

- g. Structured Monitor Observation Reports
- h. Command Group Subjective Evaluation
- i. Individual Soldier Subjective Evaluation
- j. Standard Performance Criteria (MOE's)
- k. Other behavioral measures linked to military performance standards

> Immediately prior to and during the exercise, a limited number of subjects will be selected from each of the three groups of soldiers to participate in Electroencephalogram (EEG) and Biofeedback Monitoring. The subjects will be fitted with sensor devices for passive monitoring of the primary effects of sleep loss or rest. This will give the evaluators a feel for measurement patterns of wakefulness, certain sleep patterns, and stress reactions to various stimuli. No attempt will be made by contractors nor is it intended that any attempt be made by HTTB to scientifically quantify these measures with Biomedical Impact on the subjects. The purpose is to be illustrative only to assist evaluators in determining the practical effects of the SRT technology in offsetting the impact of sleep loss and stress.

Two standard tests for alertness and for anxiety will be given to exercise subjects at various times during the demonstration exercise. The results of these tests should provide evaluators with backup data to support observation conclusions.

Control Group Performance Comparison will offer evaluators a strong tool with which to measure SRT effectiveness. The performance of the group of

20 soldiers trained to use the technology can be observed and compared directly against the performance of their counterparts in the two other groups using other sleep discipline methodology.

Structured Self Reports will be requested from all soldier participants. Those reports will incorporate questions that would tend not to be answered by the Individual Soldier Subjective Evaluation which will also be requested. It is expected that the data contained in these reports will be relatively consistent and will reasonably correlate with data from other evaluation measures. It is also the opinion of MIAS that subjective user data obtained from professional soldiers and command groups will have a high degree of validity and should weigh heavily in Practical Performance ratings.

Structured Monitor Reports will be completed by all military and contract observers. The specific requirements of these will be negotiated with HTTB but they are intended to (1) provide a commonality of view from all evaluators and (2) focus on those items of interest that would tend not to be uniform from the various individual critique formats. Every effort will be made to reduce duplicative analysis.

Command Group Subjective Evaluation like the Individual Soldier Subjective Evaluation mentioned earlier will be unstructured reports intended to address the practical results of the SRT methodology and the other sleep/rest techniques used by the other two groups. The data resulting from this measure will be extremely useful in interpreting or augmenting data from Standard Performance Criteria (Measures of Effectiveness). Ideally, standard evaluations or MOE's will be available for the operational elements

of the demonstration selected. Should these not be available or developable, even greater reliance will be placed on the opinions expressed in the Command Group evaluations.

Taken together, the above mentioned evaluation processes should result in a balanced effectiveness evaluation of the MDEC/MIAS SRT Sleep/Rest discipline methodology as it has been adapted to Military Continuous Operations requirements. This evaluation should be quantifiable in percentage increases in practical effectiveness. MIAS experience with civilian application indicates that a 20% or more effectiveness increase may be possible.

- 5.5 Evaluation Program Coordination - MIAS/MDEC will furnish on-site at Ft. Lewis, Washington, at a date mutually agreed upon by HTTB and MDEC/MIAS, all materials, hardware and personnel necessary to accomplish SRT sleep discipline training, demonstration, evaluation, and final report. MIAS/MDEC will also provide orientation and/or training to Army HTTB counterpart personnel for above listed evaluation elements.

Army HTTB will need to furnish:

- a. Advance planning and coordination management personnel
- b. Demonstration site and physical facilities
- c. Combat continuous operations exercise(s)
- d. Soldier exercise participants (60)
- e. Monitor and evaluation personnel
- f. Debriefing personnel



6. Schedule - The delivery schedule for the items covered by this proposal is presented in Table 1. This proposal and delivery schedule is based on an award or go-ahead from the Army on or prior to 1 January 1983.

7. Data - As part of the effort covered by this proposal, the contractors will furnish to the Army the following data:

- a. Monthly Letter Progress Report
- b. Field Demonstration and Evaluation Plan
- c. Final Technical Report — Exploratory Development Model SRT
- d. Final Technical Report — Field Evaluation
- e. Technical Specification for SRT

The above data will be prepared and supplied in contractor's format.

8. Government Furnished Equipment and Support - The following government furnished equipment/facilities and support are necessary to the successful completion of the contract:

- a. Army Test Exercise - Details of the test exercise selected by the Army for evaluation of the SRT technology must be made available to the contractor ten weeks prior to actual beginning of evaluation exercise.
- b. Army Liaison Personnel - The Army must assign a receptive technical person at Ft. Lewis who will support the program and provide the focal liaison point with the contractor for development and implementation of the evaluation program.
- c. Test Control Groups - Three control groups of 20 Army personnel each must be made available as cooperative test subjects.

TABLE 1

## SLEEP RESTORATIVE TRAINER DELIVERY SCHEDULE

<u>ITEM</u>	<u>QTY.</u>	<u>DESCRIPTION</u>	<u>DELIVERY</u>
1	1	Exploratory Development Model SRT	6 months ARO
2	1 lot	Monthly Progress Letter	1st submittal 45 days ARO, monthly thereafter
3	1 lot	Field Demonstration and Evaluation Plan	20 days prior to later of: a) Item 1 delivery b) Commencement of field evaluation exercise
4	1 lot	Final Technical Report - SRT Exploratory Development Model	7 months ARO
5	1 lot	Final Technical Report - Field Evaluation	60 days after field test completion
6	1 lot	SRT Technical Specification	Concurrent with Item 5

- d. Instructors - The Army HTTB will assign instructors to work with two of the control groups while the contractor works with the third group.
- e. Training Facilities - The Army will provide a training facility where twenty men can lie down comfortably for training with the SRT. Commercial a.c. power must be available for use by the contractor in this facility.
- f. Evaluators - The Army HTTB will assign suitable personnel to monitor and report the performance of the trainees in the three control groups. The contractor will have free access to the evaluators for conferences, debriefings, etc., as required.
- g. Office and Conference Facilities - For one month prior to and throughout the duration of the training/evaluation exercise, the Army will make available, at Ft. Lewis, private office space and suitable office furniture to accommodate two contractor personnel. Additionally, the Army will provide conference facilities for contractor briefings of Army trainers, evaluator, trainees, etc., on the scope and goals of the program.

- 9. Program Organization/Management and Personnel - McDonnell Douglas Electronics Company (MDEC) and Monroe Institute of Applied Sciences have jointly entered into a teaming arrangement to perform the tasks described in this proposal. On this program MDEC will function as the prime contractor, exercising the management function, and MIAS will fill the role of an associate contractor. The exploratory development model SRT will be designed, built, and delivered to the Army by MDEC. With Army cooperation, MIAS will prepare the evaluation

plan, conduct the sleep training portion of the SRT field evaluation, and generate a final report on the results of the evaluation.

The SRT exploratory development model design and construction will be performed by the Avionics and Support Department of MDEC at St. Charles, Missouri. The MIAS portion of the program will be conducted at MIAS headquarters in Nellysford, Virginia, and on-site at Ft. Lewis, Washington.

10. Patents and Proprietary Information - The sleep inducement process proposed here is covered in part or whole by MIAS-owned patent #3,884,218. MIAS has previously licensed Mentrionix, Incorporated, to merchandize the technology on the open market.

The functional and detailed descriptions of the SRT as described in this proposal are considered by MDEC to be proprietary information not to be disclosed outside the Army without prior MDEC approval.